

revised 11/20/2019 *menu subject to change

Breakfast												
Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Bagel, whole grain, blueberry	2.2 oz.	Wheat, Barley, Molasses, Corn, Blue #2, Red #40, artificial flavor	140	29g	2g	5g	5g	220mg	1g	0g	0mg	2 grain
Bagel, whole grain, cinnamon raisin	2.2 oz.	Wheat, Barley, Molasses, Corn, Raisins, Cinnamon, Honey	160	35g	3g	7g	6g	260mg	0.5g	0g	0mg	2 grain
Bagel, whole grain, plain	2.2 oz.	Wheat, Barley, Molasses, Corn, Honey	160	34g	4g	4g	5g	280mg	<1g	0g	0mg	2.5 grain
Cereal, Cheerios, gluten-free	1 bowl	Oats, Corn starch	100	20g	3g	1g	3g	140mg	2g	0g	0mg	1 grain
Cereal, Cinnamon Toast Crunch	1 bowl	Wheat, Soy, Cinnamon, Rice, Caramel Color	110	22g	3g	6g	1g	160mg	3g	0.5g	0mg	1 grain
Cereal, Cocoa Puffs	1 bowl	Corn, Cocoa, Caramel Color	110	25g	2g	8g	2g	120mg	1.5g	0g	0mg	1 grain
Cereal, Golden Grahams	1 bowl	Wheat, Corn, Rice	100	24g	1g	8g	1g	220mg	1g	0g	0mg	1 grain
Cereal, Honey Nut Cheerios, gluten-free (HS/Grades 6-8 only)	1 bowl	Wheat, Oat, Corn, Almond, Honey, Rice	110	22g	2g	9g	2g	160mg	1.5g	0g	0mg	1 grain
Cereal, Rice Chex, gluten-free	1 bowl	Molasses, Rice	100	24g	1g	2g	2g	250mg	0g	0g	0mg	1 grain
Cereal, Trix, reduced sugar	1 bowl	Corn, Rice, Turmeric, Fruit/Vegetable Juice (unspecified)	110	24g	1g	7g	1g	140mg	1.5g	0g	0mg	1 grain
Cinnabar	2.9 oz.	Soy, Wheat, Barley, Corn, Cinnamon, Orange	280	45g	4g	15g	5g	260mg	9g	2g	0mg	2 grain
Cinnamon Toast Crunch Bar	2.36 oz.	Wheat, Milk, Legume, Cinnamon, Corn	250	40g	2g	14g	6g	280mg	8g	3g	5mg	2 grain
Cream Cheese	1 oz.	Milk	100	2g	0g	1g	2g	100mg	9g	6g	30mg	none
Peanut Butter (HS and Grades 6-8 only)	2 T.	Peanut, Corn	200	6g	2g	3g	7g	140mg	16g	3g	0mg	1 meat
Cheese, mozzarella string, light	1 oz.	Milk	60	1g	0g	1g	7g	200mg	3g	2g	10mg	1 meat
Cinnamon Roll	1.5 oz.	Wheat, Barley, Soy, Corn, Milk, Cinnamon, Orange	130	20g	2g	4g	3g	140mg	4.5g	1g	0mg	1 grain
Egg and Cheese Calzone	4.5 oz.	Wheat, Soy, Egg, Milk, Corn, Turmeric, Yeast, Onion, Barley	350	42g	3g	3g	13g	460mg	15g	8g	135mg	2 meat; 2 grain
Egg and Cheese Croissant	1 serving		275	29g	3g	4g	17g	530mg	14g	6g	93mg	1.25 meat; 2 grain
Egg patty, precooked,	1 patty	Egg, Milk	45	1g	0g	0g	3g	90mg	3.5g	1g	75mg	0.75 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Croissant, whole grain	2.2 oz.	Wheat, Malted Barley, Soy, Egg, Milk	180	27g	3g	3g	5g	220mg	6g	2.5g	5mg	2 grain
Egg, hard boiled, peeled	1	Egg	70-80	1g	0g	1g	6g	55-60 mg	5g	1.5g	170-185mg	1.5-1.75 meat
French Toast Sticks, whole grain	3 sticks	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon	360	57g	3g	15g	9g	390mg	11g	1.5g	5mg	3 grain
Frudel, Apple	2.29 oz.	Wheat, Barley, Apple, Corn, Molasses, Milk, Legume	210	36g	2g	11g	5g	280mg	6g	2g	0mg	2 grain
Frudel, Cherry	2.29 oz.	Wheat, Barley, Legume, Corn, Milk	210	37g	2g	11g	5g	290mg	6g	1.5g	0mg	2 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain
Muffin, Apple Cinnamon	2 oz.	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	27g	1g	13g	3g	100mg	5g	<1g	25mg	1 grain
Muffin, Banana	2 oz.	Milk, Wheat, Egg, Banana, Soy, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	28g	1g	15g	3g	100mg	4g	<1g	20mg	1 grain
Muffin, Blueberry	2 oz.	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	26g	1g	14g	3g	95mg	5g	<1g	20mg	1 grain
Muffin, Chocolate Chip	2 oz.	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	170	29g	1g	15g	3g	100mg	5g	1g	20mg	1 grain
Pancakes, Confetti	3 oz.	Wheat, Milk, Egg, Soy, Corn	220	36g	4g	11g	4g	300mg	7g	1g	10mg	2 grain
Pancakes, Mini Maple	3.17 oz. pkg	Wheat, Egg, Milk, Rice, Grape Juice, Corn, Maple, Molasses	210	38g	3g	11g	4g	270mg	6g	<1g	0mg	2 grain
Pancakes, Mini Strawberry	3.17 oz. pkg	Wheat, Egg, Milk, Rice, Corn, Grape Juice, Potato, Beet Juice	220	40g	3g	14g	4g	260mg	6g	<1g	0mg	2 grain
PB & J Graham (HS/Grades 6-8 only)		Peanut, Wheat, Soy, Corn	290	30g	3g	11g	8g	260mg	17g	3g	0mg	1 meat; 0.75 grain
Sunflower Seeds, honey roasted (grades K-12 only)	1.2 oz.	Sunflower, Honey	150	11g	3g	5g	6g	65mg	15g	2g	0mg	1 meat
Turkey Ham, Egg, and Cheese Croissant	1 serving		305	30g	3g	4g	14g	620mg	16g	7g	108mg	1.75 meat; 2 grain
Turkey Ham, uncured, fully cooked	1 oz.	Celery	30	<1g	0g	<1g	3g	90mg	1.5g	<1g	15mg	0.5 meat
Egg patty, precooked,	1 patty	Egg, Milk	45	0g	0g	0g	3g	90mg	3.5g	1g	75mg	0.75 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Croissant, whole grain	2.2 oz.	Wheat, Malted Barley, Soy, Egg, Milk	180	27g	3g	3g	5g	220mg	6g	2.5g	5mg	2 grain
Turkey Sausage & Cheese on Biscuit	1 serving		325	29g	0g	4g	13g	830mg	19g	11g	38mg	1.25 meat; 2 grain
Turkey Sausage, fully cooked	1.25 oz.	Caramel color	75	<1g	0g	<1g	6g	200mg	5g	1.5g	25mg	0.9 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Biscuit, whole grain	2 oz.	Wheat, Milk, Barley	200	27g	0g	2g	4g	410mg	9g	7g	0mg	2 grain
Turkey Sausage/Egg/Cheese Pancake	1 serving		330	33g	0g	11g	16g	700mg	16g	5g	113mg	2 meat; 2 grain
Turkey Sausage, fully cooked	1.25 oz.	Caramel color	75	<1g	0g	<1g	6g	200mg	5g	1.5g	25mg	0.9 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Egg patty, precooked,	1 patty	Egg, Milk	45	1g	0g	0g	3g	90mg	3.5g	1g	75mg	0.75 meat
Pancake, buttermilk, whole grain	2 each	Wheat, Milk, Egg, Soy	160	30g	0g	10g	4g	190mg	3g	0g	0mg	2 grain
Yogurt Parfait/Blueberries	6 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Blueberry	351	65g	3.6g	46g	9g	199mg	8g	1.5g	8mg	12.5 meat; 1 grain; 1 fruit

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Yogurt Parfait/Mixed Berry	6 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Blueberry, Strawberry	376	72g	4g	51g	9g	199mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait/Oranges	6 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Orange	375	71g	2g	51g	9g	208mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait/Peaches	6 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Peach	381	73g	2g	52g	9g	208mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait/Pineapple	6 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Pineapple	371	63g	2g	43g	9g	208mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait/Strawberries	6 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Strawberry	381	78g	5g	56g	9g	199mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt, raspberry, Danimals	4 oz.	Milk, Corn, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	65mg	0g	0g	5mg	1 meat
Yogurt, strawberry, Danimals	4 oz.	Milk, Corn, Strawberry, unspecified Fruit Juice and Vegetable Juice (for color), Lemon, Legume	70	14g	0g	10g	4g	65mg	0g	0g	5mg	1 meat
Yogurt, strawberry banana, Danimals	4 oz.	Milk, Corn, Strawberry, Banana, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	<5mg	1 meat

Condiments	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	T-Fat	Sat-Fat	Cholesterol	USDA Components
Syrup, Pancake	2 oz.	Corn	135	36g	0g	12g	0g	90mg	0g	0g	0mg	None
Fruit	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple, raw, medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1 cup fruit
Hot Apple Slices	1/2 cup	Apple, Cinnamon	81	20g	2g	17g	0g	21mg	0g	0g	0mg	1/2 cup fruit
Applesauce, sweetened	1/2 cup	Apple, Corn Syrup	90	22g	2g	18g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Banana, raw	1 med	Banana	109	28g	3g	n/a	1g	1mg	0g	0g	0mg	1/2 cup fruit
Blueberries, unsweetened, USDA	1/2 cup	Blueberry	40	10g	2g	7g	0g	1mg	1g	0g	0mg	1/2 cup fruit
Clementine, whole	1 clementine	Citrus	35	9g	1g	7g	<1g	1mg	0g	0g	0mg	1/2 cup fruit
Cherries, no sugar added, USDA	1/2 cup	Cherry	36	8.6g	1.2g	7g	<1g	1mg	<1g	<1g	0g	1/2 cup fruit
Mixed berry (blueberry & strawberry), light syrup, USDA	1/2 cup	Blueberry, Strawberry	90	20g	2g	16g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Oranges, mandarin, canned	1/2 cup	Citrus	64	15	<1	12	0	8	0	0	0mg	1/2 cup fruit
Oranges, raw, medium	1 orange	Citrus	62	15g	3g	n/a	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, sliced, light syrup	1/2 cup	Peach, Corn Syrup	70	17g	0g	13g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Peaches, sliced, light syrup, USDA	1/2 cup	Peach, Corn Syrup	60	16g	2g	14g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, Hot Cinnamon	1/2 cup	Peach, Corn Syrup, Cinnamon	99-119	27-28	0g	16-18g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pears, diced, light syrup	1/2 cup	Pear	62	16g	2g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pear, raw, medium	1 pear	Pear	98	25g	4g	n/a	<1g	0mg	<1g	0g	0mg	1/2 cup fruit
Pineapple Tidbits in juice	1/2 cup	Pineapple	40	10g	1g	9g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Plum	1 medium	Plum	36	9g	1g	0g	<1g	114mg	0g	0g	0mg	1/2 cup fruit
Raisins, USDA	1 box	Grape	114	30g	1g	23g	1g	4mg	0g	0g	0mg	1/2 cup fruit
Strawberries, whole, USDA	1/2 cup	Strawberry	39	10g	2g	5g	0g	2mg	0g	0g	0mg	1/2 cup fruit

100% Juice	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple Juice	4 oz.	Apple	70	14g	0g	12g	<1g	0mg	0g	0g	0mg	1/2 cup fruit
Orange Juice	4 oz.	Citrus	60	14g	1g	n/a	1g	12mg	0g	0g	0mg	1/2 cup fruit
Dairy: Milk	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
White Milk, 1%	8 oz.	Milk	110	13g	0g	12g	9g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate Milk, Skim	8 oz.	Milk, Corn Syrup, Cocoa	130	24g	0g	21g	8g	210mg	0g	0g	0mg	1 milk

Lunch Nutrition Information

Main Entrée'	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Blazin' Buffalo Wrap	1 serving		452	51g	5g	3g	18g	1108mg	18.5g	4g	0mg	2 meat; 2.5 grain; 1/4 cup vegetable
Chickenless tenders with toppings	4 tenders	Wheat, Soy, Onion, Rice, Oat, Egg, Peppers, Celery Seed, Sunflower Oil	252	17g	3g	1g	12g	558mg	13.5g	2g	0mg	2 meat; 1/4 cup vegetable
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	2g	0mg	2.5 grain
Cheese and Bean Burrito	1 serving	Wheat, Soy, Corn, Milk, Legume, Chili powder, Garlic, Tomato, Onion, Chili Pepper, Turmeric	319	40g	9g	4g	17g	596mg	10g	4.5g	13mg	2 meat; 2 grain
Cheese and Bean Enchilada	1 serving		329	42g	n/a	4g	16g	701mg	9g	4.5g	13 mg	2 meat; 2 grain; 1/8 cup vegetable
Cheese & Bean Burrito	5 oz.	Wheat, Soy, Corn, Milk, Legume, Chili powder, Garlic, Tomato, Onion, Chili Pepper, Turmeric	310	40g	9g	4g	16g	580mg	9g	4g	10mg	2 meat; 2 grain
Enchilada Sauce	1 oz.	Tomato, Chili powder, Garlic, Corn, Onion	10	2g	n/a	0g	0g	105mg	0g	0mg	0mg	1/8 cup vegetable
Cheddar cheese, shredded, mild	1 tsp.	Milk, Corn, Potato	9	0g	0g	0g	<1g	16mg	<1g	0.5g	2.5mg	None
Cheese and Chicken Burrito	1 serving		481	53g	3g	2g	29g	1045mg	19g	7g	95mg	2.5 meat; 3.5 grain
Chicken Fajita strips	3 oz.	Corn, Chili powder, Garlic, Lemon, Onion	140	2g	0g	0g	17g	400mg	7g	2g	80mg	2 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Corn, Potato	55	1	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Whole Grain Rice	1/2 cup	Rice	86	18g	0g	<1g	2g	0mg	2g	0g	0mg	1 grain
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	2g	0mg	2.5 grain
Cheese Stuffed Breadsticks with Spaghetti Sauce	1 serving		315	37g	4g	4g	21g	475mg	14g	5g	30mg	2 meat; 2 grain; 1/8 cup vegetable
Cheese Bosco Stick 6-inch	2 sticks	Wheat, Milk, Soy, Corn	300	34g	4g	2g	20g	440mg	14g	5g	30mg	2 meat; 2 grain
Spaghetti Sauce	1 oz.	Tomato, Onion, Garlic	15	3g	<1g	2g	<1g	35mg	<1g	0g	0mg	1/8 cup vegetable

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Cheesy Chicken Crunch Wrap	1 each		526	56g	5g	2g	29g	1115mg	22g	8g	95mg	2.5 meat; 3.5 grain
Chicken Fajita strips	3 oz.	Corn, Chili powder, Garlic, Lemon, Onion	140	2g	0g	0g	17g	400mg	7g	2g	80mg	2 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Corn, Potato	55	<1g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 grain
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	1.5g	0mg	2.5 grain
Chicken and Cheese Taquitos	1 serving	Wheat, Soy, Corn, Milk, Tomato, Legume, Onion, Chili/Jalapeno peppers	280	30g	4g	2g	16g	800mg	12g	3g	30mg	2 meat; 2 grain
Chicken and Noodles	1 serving	Wheat, Soy, Milk, Garlic, Broccoli, Corn, MSG, Onion, Rice, may contain Egg, Carrot, Celery, Wheat, Tomato	305	33g	5g	n/a	24g	639mg	9g	3g	49mg	2 meat; 1 grain; 1/4 cup vegetable; 1/8 milk
Chicken Boneless Wing (MS)	5 each	Soy, Onion, Garlic, Wheat, Turmeric, Rice, Carrot, Yeast	200	13g	3g	0g	18g	338mg	9g	2g	25mg	2 meat, 1 grain
Chicken Boneless Wing (HS)	6 each	Soy, Onion, Garlic, Wheat, Turmeric, Rice, Carrot, Yeast	240	15g	3g	0g	21g	405mg	11g	2g	30mg	2 meat; 1 grain
Chicken Drumstick and Waffles	1 serving		370	34g	5g	6g	20g	720mg	17g	4g	70mg	2 meat; 2.75 grain
Chicken Drumstick, breaded	1 each	Wheat, Garlic, Corn, Onion	190	5g	1g	0g	16g	450mg	11g	2.5g	50mg	2 meat; 0.75 grain
Waffles, whole grain, Belgian	1 each	Wheat, Milk, Soy, Egg	180	29g	4g	6g	4g	270mg	6g	1g	20mg	2 grain
Chicken Enchilada Dip/Tortilla Chips	1 serving		335	31g	6g	0g	18g	746mg	14g	5g	77mg	2 meat; 1 grain, 1/8 cup vegetable
Chicken Enchilada Dip	6 oz.	Garlic, Onion, Chili powder, Lemon, Tomato, Legume, Milk	204	10g	3g	0g	16g	676mg	9g	4g	77mg	2 meat; 1/8 cup vegetable
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 grain
Chicken Fajita	1 serving		352	39g	3g	2g	24g	951mg	12g	4g	80mg	2 meat; 2.5 grain; 1/4 c. vegetable
Chicken Fajita strips	3 oz.	Lemon, Corn, Chili powder, Garlic, Onion	140	2g	0g	0g	17g	400mg	7g	2g	80mg	2 meat
Bell Peppers/Onions	1/4 cup	Onion	12	4g	1g	0g	<1g	1mg	0g	0g	0mg	1/4 c. vegetable
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	2g	0mg	2.5 grain
Chicken Tenders	3 each	Wheat, Soy, Onion, Garlic, Rice, Turmeric, Carrot, Celery	240	12g	2g	3g	20g	375mg	12g	2g	45mg	2 meat; 1 grain
Curry with Rice	1 serving	Legume, Turmeric, Rice, Tomato, Jalapeno, Onion, Garlic	313	50g	7g	6g	11g	630mg	8g	0g	0mg	2 meat; 1 grain
Egg and French Toast Sticks	1 serving		450	59g	3g	18g	15g	650mg	17g	3.5g	195mg	2 meat; 3 grain
Scrambled egg, precooked	2 oz.	Egg, Milk, Corn, Liquid Pepper	90	2g	0g	0g	6g	260mg	6g	2g	190mg	2 meat
French Toast Sticks, whole grain	3 sticks	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon	360	57g	3g	18g	9g	390mg	11g	1.5g	5mg	3 grain
Fiesta Nachos	1 serving		405	37g	5g	1g	19g	736mg	21g	10g	56mg	2 meat; 1.5 grain; 1/16 cup vegetable
Beef Taco Meat	1.6 oz.	Garlic, Corn, Soy, Chili Pepper, Tomato, Caramel Color	55	2g	1g	1g	6g	195mg	3g	1g	18mg	1 meat; 1/16 cup vegetable
Cheddar/Queso cheese sauce	2 oz.	Milk, Soy, Tomato, Coconut oil, Jalapeno, Green Chiles, Onion, Garlic, Corn, Sunflower, Potato	146	3g	0g	0g	9g	432mg	11g	7g	38mg	1 meat
Tortilla chips, yellow corn round	1.5 oz.	Corn	204	32g	4g	0g	4g	109mg	7g	2g	0mg	1.5 grain
Fiesta Rice Bowl	1 serving		394	56g	7g	1g	16g	482mg	11g	3g	13mg	2 meat; 2 grain; 1/4 cup vegetable
Fiesta Rice	1 serving	Rice, Wheat, Soy, Yeast, Onion, Carrot, Garlic, Tomato, Legume, Milk	263	35g	4g	1g	14g	412mg	6g	2g	13mg	2 meat; 1 grain, 1/4 cup vegetable
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 grain
Lasagna (beef)	6 oz.	Soy, Garlic, Onion, Wheat, Tomato, Milk, Egg, Caramel color, Potato	340	34g	6g	6g	21g	293mg	15g	6g	48mg	2 meat; 1 grain; 1/4 cup vegetable
Macaroni & Cheese	6 oz.	Milk, Wheat, Soy, Egg, Onion, Cayenne Pepper, Orange, Tomato, Lemon	350	25g	3g	6g	20g	898mg	19g	12g	67mg	2 meat; 1 grain
Macaroni and Cheese (Col Scioto/Colerain)	6 oz.	Milk, Egg, Wheat, Legume, Turmeric	283	31g	2g	6g	15g	648mg	11g	7g	37mg	2 meat; 1 grain
Pizza, beef pepperoni, 6-cut, whole grain	1 slice	Egg, Milk, Wheat, Barley, Corn, Garlic, Potato, Tomato, Spices, Sodium Nitrite, Yeast	420	44g	4g	7g	21g	690mg	19g	10g	50mg	2 meat; 2.5 grain; 1/8 cup vegetable
Pizza, cheese, 6-cut, whole grain	1 slice	Egg, Wheat, Barley, Yeast, Milk, Corn, Garlic, Tomato, Potato, Honey, Spices	400	44g	5g	7g	20g	600mg	16g	9g	45mg	2 meat, 2.5 grain, 1/8 cup vegetable
Pizza, French bread, cheese, whole grain	1 piece	Milk, Wheat, Barley, Corn, Garlic, Soy, Pea, Tomato, Onion	290	33g	0g	4g	17g	440mg	11g	4g	20mg	2 meat; 2 grain; 1/8 cup vegetable
Pizza, veggie, 6-cut, whole grain	1 slice	Egg, Wheat, Barley, Milk, Yeast, Honey, Corn, Garlic, Onion, Tomato, Potato, Banana Pepper, Red/Green Pepper, Yellow #5	422	49g	6g	n/a	20g	1142mg	16g	9g	45mg	2 meat, 2.5 grain, 1/8 cup vegetable
Spaghetti with Meat Sauce	6 oz.	Beef, Soy, Corn, Caramel Color, Wheat, Oat fiber, Tomato, Garlic, Onion, Milk, Potato	383	33g	4g	10g	24g	462mg	19g	7g	54mg	2 meat; 1 grain; 1/2 cup vegetable
Spicy Chicken Drumstick and Biscuit	1 serving		380	33g	3g	2g	18g	730mg	20g	6.5g	75mg	2 meat; 2.75 grain
Chicken Drumstick, dark meat, breaded, hot & spicy	1 each	Wheat, Garlic, Corn, Onion, Rice, Celery Seed	180	6g	1g	0g	14g	320mg	11g	2.5g	75mg	2 meat; 0.75 grain
Biscuit, whole grain	2 oz.	Wheat, Milk, Barley	200	27g	2g	2g	4g	410mg	9g	7g	0mg	2 grain
Spicy Chicken Tenders	3 each	Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot, Celery	225	9g	2g	3g	20g	375mg	12g	5g	45mg	2 meat, 1 grain

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
3-Bean Chili	1 cup	Garlic, Tomato, Legume, Corn, Soy, Onion, Carrot	138	18g	13g	3g	7g	285mg	5g	1.5g	30mg	2 meat; 3/8 cup vegetable
Cornbread, mini loaf	2 cornbread	Egg, Milk, Soy, Wheat, Corn, Fruit Juice powder, Legume unspecified spices	340	58g	2g	2g	6g	180mg	10g	1g	30mg	2 grain
Turkey Corn Dog	1 each	Wheat, Milk, Corn, Sodium Nitrite, Soy, Egg, Honey	250	30g	3g	19g	11g	760mg	10g	2g	25mg	2 meat; 2 grain
Turkey Divan	8 oz.	Wheat, Onion, Milk, Soy, Egg, Lemon, Rice, Corn, Chicken, Turkey, MSG, Mustard, Potato	363	35g	1g	1g	20g	1033mg	21g	8g	65mg	2 meat; 1 grain; 1/4 cup vegetable
Turkey Sausage & French Toast Sticks	1 serving		470	58g	3g	18g	21g	790mg	21g	4.5g	55mg	1.75 meat; 3 grain
Turkey Sausage, 1.25 oz. each	2 patties	Caramel color	150	<1g	0g	<1g	12g	400mg	10g	3g	50mg	1.75 meat
French Toast Sticks, whole grain	3 sticks	Wheat, Barley, Egg, Corn, Soy, Milk, Cinnamon	360	57g	3g	18g	9g	390mg	11g	1.5g	5mg	3 grain
Vegetable Egg Roll & Egg Fried Rice	1 serving		348	51g	6g	6g	12g	569mg	10g	3g	144mg	2 meat; 2 grain; 1/2 cup vegetable
Vegetable Egg Roll	3 oz.	Cabbage, Celery, Carrot, Onion, Potato, Corn, Wheat, Barley, Soy, Egg, Rice	140	22g	4g	4g	4g	150mg	3.5g	1g	0mg	1 grain; 1/2 cup vegetable
Egg Fried Rice	3/4 cup	Rice, Carrot, Green Pea, Corn, Soy, Wheat, Garlic, Caramel Color, Onion, Sesame Oil	208	29g	2g	2g	8g	417mg	6g	2g	144mg	2 meat; 1 grain
Veggie Nachos	1 serving	Wheat, Garlic, Corn, Soy, Milk, Green Chilis, Coconut Oil, Jalapeno Pepper, Onion, Garlic, Legume, Sunflower, Tomato	425	50g	10g	5g	24g	986mg	18g	4g	15mg	2.75 meat; 1.5 grain; 1/4 cup vegetable
Veggie Pasta Bake	1 serving	Tomato, Garlic, Wheat, Legume, Milk, Egg, Soy, Carrot, Onion	231	41g	11g	6g	19g	577mg	4g	0g	0mg	2 meat; 1 grain; 1/2 cup vegetable
Yogurt Parfait/Blueberries (HS)	8 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Blueberry	411	72g	4g	56g	11g	226mg	8g	2g	10mg	2 meat; 2 grain; 1 fruit
Yogurt Parfait/Mixed Berry (HS)	8 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Blueberry, Strawberry	436	84g	4g	61g	11g	226mg	8g	2g	10mg	2 meat; 2 grain; 1 fruit
Yogurt Parfait/Peaches (HS)	8 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Peach	441	85g	2g	53g	11g	235mg	7g	2g	13mg	2 meat; 2 grain; 1 fruit
Yogurt Parfait/Oranges (HS)	8 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Orange	435	83g	2g	61g	11g	233mg	7g	2g	13mg	2 meat; 2 grain; 1 fruit
Yogurt Parfait/Pineapple (HS)	8 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Pineapple	431	75g	2g	62g	11g	225mg	7g	2g	13mg	2 meat; 2 grain; 1 fruit
Yogurt Parfait/Strawberries (HS)	8 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Strawberry	461	91g	5g	66g	11g	225mg	7g	2g	10mg	2 meat; 2 grain; 1 fruit
Yogurt Parfait/Blueberries (MS)	6 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Blueberry	351	65g	3.6g	46g	9g	199mg	8g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait/Mixed Berry (MS)	6 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Blueberry, Strawberry	376	72g	4g	51g	9g	199mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait/Oranges (MS)	6 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Orange	375	71g	2g	51g	9g	208mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait/Peaches (MS)	6 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Peach	381	73g	2g	52g	9g	208mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait/Pineapple (MS)	6 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Pineapple	371	63g	2g	43g	9g	208mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Yogurt Parfait/Strawberries (MS)	6 oz.	Corn, Egg, Milk, Soy, Oat, Honey, Strawberry	381	78g	5g	56g	9g	199mg	7g	1.5g	8mg	1.5 meat; 1 grain; 1 fruit
Sandwiches	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
BBQ Beef Rib Sub	1 serving		347	40g	3g	14g	19g	757mg	11g	3.5g	25mg	2 meat; 2 grain
Chopped beef rib patty/BBQ sauce	3 oz.	Soy, Caramel Color, Tomato, Corn, Garlic, Wheat, Onion, Honey, Molasses, Milk	187	12g	1g	10g	13g	497mg	9g	3.5g	25mg	2 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
BBQ Chicken on Bun	1 serving		293	34g	2g	10g	27g	915mg	4.5g	<1g	60mg	2.5 meat; 2 grain
Chicken breast, fully cooked	3 oz.	Onion, Garlic, Soy	120	1g	0g	0g	22g	320mg	2.5g	0.5g	60mg	2.5 meat
BBQ Sauce	2 Tbsp.	Tomato, Corn, Caramel color	33	8g	0g	7g	0g	365mg	0g	0g	0mg	None
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
BBQ Veggie Burger on Bun	1 serving		317	44g	8g	6g	22g	1005mg	7g	1g	<5mg	2 meat; 2 grain
Garden Veggie patty/BBQ sauce	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom, Oat, Carrot, Onion, Garlic, Rice, Jalapeno Pepper, Water Chestnut, Olive, Tomato, Turmeric	177	19g	6g	3g	17g	775mg	5g	1g	<5mg	2 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Cheeseburger on Bun	1 serving		356	27g	3g	4g	20g	706mg	19g	8g	62mg	2.5 meat; 2 grain
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Beef Patty	2.45 oz.	Citrus flour, Caramel Color	166	1g	1g	0g	12g	256mg	12g	5g	49mg	2 meat
Browning Sauce		Carrot, Celery, Onion, Parsnips, Turnips, Caramel Color										None
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Chicken Patty on Bun	1 serving		340	34g	5g	3g	24g	520mg	11g	1.5g	45mg	2 meat; 3 grain
Chicken Patty, whole grain breaded	3.75 oz.	Onion, Garlic, Soy, Wheat, Turmeric, Carrot	200	9g	3g	0g	19g	290mg	9g	1.5g	45mg	2 meat; 1 grain
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Chili Cheese Coney (grades K-12 only)	1 serving		308	26g	2g	n/a	16g	605mg	16g	4g	85mg	2.25 meat; 2 grain; 1/4 cup vegetable

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Hot dog, turkey, precooked	2 oz.	Corn, Acerola Cherry, Celery	130	0g	0g	0g	7g	260mg	10g	3g	50mg	2 meat
Sloppy Joe, Beef, precooked	<1 oz.	Tomato, Soy, Caramel Color, Green/Red Peppers, Onion, Chili Powder, Garlic	40	3g	<1g	2g	3g	115mg	2g	<1g	12mg	0.25 meat
Onion, raw	1/4 cup	Onion	15	3g	<1g	n/a	0g	1mg	0g	0g	0mg	1/4 cup vegetable
Cheddar cheese, shredded	1 Tablespoon	Milk, Corn, Potato	28	0g	0g	0g	2g	45mg	2g	1g	23mg	None
Hot dog bun, WG, 6 inch	2 oz.	Wheat, Barley, Soy, Yeast	110	20g	2g	3g	4g	190mg	2g	0g	0mg	2 grain
Egg Salad on Croissant	1 serving		324	32g	3g	4g	13g	514mg	15g	5g	255mg	2 meat; 2 grain
Egg Salad	2.6 oz.	Egg, Corn, Turmeric, Onion, Mustard Seed, Garlic	144	5g	0g	1g	8g	294mg	9g	2.5g	250mg	2 meat
Croissant, whole grain	2.2 oz.	Wheat, Malted Barley, Soy, Egg, Milk	180	27g	3g	3g	5g	220mg	6g	2.5g	5mg	2 grain
Hamburger on Bun	1 serving		306	26g	3g	3g	17g	486mg	14g	5g	49mg	2 meat; 2 grain
Beef Patty, fully cooked	2.45 oz.	Citrus flour, Caramel Color	166	1g	1g	0g	12g	256mg	12g	5g	49mg	2 meat
Browning Sauce		Carrot, Celery, Onion, Parsnips, Turnips, Caramel Color										None
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Italian Sub (hot or cold)	1 serving		333	31g	2g	n/a	21g	1040mg	13g	5g	72mg	2.5 meat; 2 grain
Turkey Ham, Pepperoni, Salami	3 oz.	Corn, Garlic, Nitrite	123	2g	0g	n/a	12g	560mg	6g	2g	59mg	2 meat
American cheese, white	1/2 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	2.5g	13mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Philly Steak and Cheese Sub	1 serving		344	34g	3g	n/a	22g	876mg	13g	5g	40mg	2 meat; 2 grain; 1/4 c. vegetable
Philly Style Beef Steak Slices	2.7 oz.	Corn, Soy, Wheat, Caramel Color, Tomato, Onion, Garlic, Lemon, Celery Seed	122	3.5g	0g	3g	12g	396mg	6g	3g	27mg	1.5 meat
American cheese, white	1/2 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	2.5g	13mg	0.5 meat
Green Pepper and Onion	1/4 cup	Onion	12	2g	<1g	n/a	<1g	<1g	0g	0g	0mg	1/4 cup vegetable
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Salisbury Steak on Bun	1 serving		300	34g	2g	4g	20g	800mg	10g	3.5g	45mg	2 meat; 2 grain
Salisbury Steak (beef)	3 oz.	Soy, Wheat, Milk, Yeast	140	4g	1g	1g	16g	430mg	7g	3.5g	45mg	2 meat
Brown Gravy, low sodium	2 oz.	Milk, Corn, Caramel color, Garlic, Wheat, Soy, Onion, Sunflower, Red #40	20	5g	0g	0g	0g	140mg	0g	0g	0mg	None
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	0g	3g	18g	230mg	1.5g	<1g	40mg	2 grain
Sloppy Joe on Bun	1 serving		299	36g	4g	12g	19g	689mg	8g	2g	44mg	2 meat; 2 grain; 1/8 cup vegetable
Sloppy Joe, Beef, reduced fat	1/2 cup	Tomato, Soy, Caramel Color, Peppers, Onion, Garlic, Chili Powder	159	11g	2g	9g	14g	459mg	6g	2g	44mg	2 meat; 1/8 cup vegetable
Bun, Hamburger, whole grain 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Southwest Burger on Bun	1 serving		380	26g	2g	3g	28g	1020mg	19g	8g	85mg	3 meat; 2 grain
Turkey Burger, all natural	2.75 oz.	Garlic, Onion	150	0g	0g	0g	17g	430mg	9g	2.5g	60mg	2 meat
Cheese, pepper Jack, sliced	1 oz.	Milk, Jalapeno pepper, Soy	90	1g	0g	0g	6g	360mg	8g	5g	25mg	1 meat
Bun, Hamburger, whole grain 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Spicy Chicken Patty on Bun			340	34g	3g	4g	27g	560mg	12g	2g	45mg	2 meat; 3 grain
Chicken Patty, spicy, breaded	3.75 oz.	Soy, Wheat, Corn, Garlic, Onion, Rice, Carrot	200	9g	1g	1g	21g	330mg	10g	2g	45mg	2 meat; 1 grain
Bun, Hamburger, whole grain 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Toasted Cheese Sandwich	1 serving		360	34g	4g	4g	18g	1070mg	22g	10g	50mg	2 meat; 2 grain
American cheese, yellow	2 oz.	Milk, Soy	200	4g	0g	2g	12g	880mg	20g	10g	50mg	2 meat
Texas Toast, whole grain	2 slices	Wheat, Barley, Corn, Sunflower Lecithin* (*from pan spray)	160	30g	4g	2g	6g	190mg	2g	0g	0mg	2 grains
Turkey and Cheese Melt	1 serving		300	31g	4g	3g	26g	780mg	8g	3g	48mg	2.5 meat; 2 grains
Turkey Steak, fully cooked	2.8 oz.	None	90	0g	0g	0g	17g	370mg	1.5g	0.5g	35mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Texas Toast, whole grain	2 slices	Wheat, Barley, Corn, Sunflower Lecithin* (*from pan spray)	160	30g	4g	2g	6g	190mg	2g	0g	0mg	2 grains
Turkey and Cheese Sub	1 serving		300	29g	2g	5g	27g	910mg	8g	3g	53mg	2.5 meat; 2 grain
Turkey, all natural , fully cooked	3 oz.	None	90	0g	0g	0g	18g	450mg	1.5g	<1g	40mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Turkey Ham and Cheese Sub	1 serving		330	32g	2g	7g	22g	840mg	13g	5g	73mg	2.5 meat; 2 grain
Turkey Ham, uncured, fully cooked	3 oz.	Celery	120	3g	0g	2g	13g	360mg	6g	2g	60mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Hoagie Bun, Whole Grain, 5"	1 bun	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	160	28g	2g	4g	6g	260mg	2g	0g	0mg	2 grain
Turkey Salad on Croissant	1 serving		458	37g	4g	n/a	23g	1246mg	21g	5g	60mg	2 meat; 2 grain
Turkey Salad	1/2 cup	Egg, Corn, Celery, Tomato, Turmeric, Onion, Mustard Seed, Garlic	278	10g	1g	n/a	12g	1026mg	15g	1.5g	55mg	2 meat
Croissant, whole grain	2.2 oz.	Wheat, Malted Barley, Soy, Egg, Milk	180	27g	3g	3g	11g	220mg	6g	2.5g	5mg	2 grain
Veggie Burger on Bun	1 serving		300	39g	8g	5g	22g	810mg	9g	1g	<5mg	2 meat; 2 grain
Garden Veggie patty	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom. Oat, Carrot, Onion, Water Chestnut, Garlic, Rice, Jalapeno Pepper, Olive	160	14g	6g	2g	17g	580mg	7g	1g	<5mg	2 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Veggie Burger with American Cheese on Bun	1 serving		350	40g	8g	6g	25g	1030mg	14g	4g	13mg	2.5 meat; 2 grain
Garden Veggie patty	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom. Oat, Carrot, Onion, Water Chestnut, Garlic, Rice, Jalapeno Pepper, Olive	160	14g	6g	2g	17g	580mg	7g	1g	<5mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Veggie Burger with Queso Cheese on Bun	1 serving		359	40g	8g	5g	26g	1026mg	13g	4g	15mg	2.5 meat; 2 grain
Garden Veggie patty	3.5 oz.	Wheat, Soy, Egg, Milk, Corn, Mushroom. Oat, Carrot, Onion, Water Chestnut, Garlic, Rice, Jalapeno Pepper, Olive	160	14g	6g	2g	17g	580mg	7g	1g	<5mg	2 meat
Queso cheese, white	1 oz.	Milk, Soy, Corn, Tomatillos, Chiles, Coconut Oil, Sunflower, Jalapeno, Cilantro, Onion, Garlic	59	1g	0g	0g	4g	216mg	4g	3g	15mg	0.5 meat
Bun, Hamburger, whole grain, 4"	1 each	Wheat, Barley, Soy, Corn, Honey, Molasses, Yeast	140	25g	2g	3g	5g	230mg	2g	0g	0mg	2 grain
Salads	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Toppings Bar												
Beans, black, canned	1/4 cup	Legume	65	11g	6g	<1g	4g	175mg	<1g	0g	0mg	1/4 cup vegetable
Peppers, Banana, rings	.5 oz. /5 rings	Banana Pepper	3	<1g	<1g	<1g	0g	275mg	0g	0g	0mg	1/16 cup vegetable
Peppers, Jalapeno, hot	.5 oz./6 rings	Jalapeno Pepper	5	1g	<1g	1g	0g	203mg	0g	0g	0mg	1/16 cup vegetable
Pickle, dill, slices	.5 oz./3 slices	Cucumber. Yellow #5, Blue #1	1.5	<1g	0g	0g	0g	190mg	0g	0g	0mg	1/16 cup vegetable
Salsa, mild, chunky	1/2 cup	Tomato, Jalapeno Pepper, Garlic, Onion	40	8g	0g	8g	0g	640mg	0g	0g	0mg	1/2 cup vegetable
Chef Salad	1 serving		229	16g	6g	n/a	24g	608mg	8g	5g	63mg	2.5 meat; 2 cups vegetable
Garden Salad Mix	2 cups	Carrot	26	4g	2g	4g	2g	26mg	0g	0g	0mg	1 cup vegetable
Broccoli, raw	1/4 cup	None	6	1g	1g	n/a	<1g	6mg	<1g	0g	0mg	1/4 cup vegetable
Cucumbers, raw	1/4 cup	Cucumber	15	3g	1g	n/a	1g	0mg	0g	0g	0mg	1/4 cup vegetable
Tomato, raw	4 quarters	Tomato	26	6g	2g	n/a	1g	11mg	<1g	<1g	<1mg	1/2 cup vegetable
Turkey Breast, diced	2 oz.	None	46	1.5g	0g	0g	9g	230mg	<1g	<1g	18mg	1 meat
Turkey Ham, diced	1.5 oz.	Sodium Nitrite	55	<1g	0g	0g	7g	240mg	2g	<1g	30mg	1 meat
Cheddar cheese, shredded	1/2 oz.	Milk, Corn, Potato	55	<1g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Citrus Salad	1 serving		395-408	42g	8g	n/a	18g	241-246mg	23g	6g	178-193mg	2.5 meat; 1 + 1/4 cups vegetable; 1/2 cup fruit
Garden Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1/4 cup vegetable
Cucumbers, raw, sliced	1/4 cup	Cucumber	15	3g	1g	n/a	1g	0mg	0g	0g	0mg	1/4 cup vegetable
Mozzarella Cheese, shredded	1/2 oz.	Milk, Potato	45	<1g	0g	<1g	3g	88mg	3g	2g	8mg	0.5 meat
Onion, raw	1/4 cup	Onion	15	3g	<1g	n/a	0g	1mg	0g	0g	0mg	1/4 cup vegetable
Tomato, raw	4 quarters	Tomato	26	6g	2g	n/a	1g	11mg	<1g	<1g	<1mg	1/2 cup vegetable
Egg, hard boiled, peeled	1	Egg	70-80	1g	0g	1g	6g	55-60 mg	5g	1.5g	170-185mg	1.5-1.75 meat
Sunflower Seeds, honey roasted	1.2 oz.	Sunflower, Honey	150	11g	3g	5g	6g	65mg	15g	2g	0mg	1 meat
Oranges, mandarin, canned	1/2 cup	Citrus	64	15	<1	12	0	8	0	0	0mg	1/2 cup fruit
Cobb Salad	1 serving		217	12g	4g	n/a	21g	612mg	10g	5g	70mg	2.5 meat; 1+1/2 cups vegetable
Garden Salad Mix	2 cups	Carrot	26	4g	2g	4g	2g	26mg	0g	0g	0mg	1 cup vegetable
Turkey-Ham, diced	3 oz.	Sodium Nitrite	110	1g	0g	0g	14g	480mg	5g	1.5g	55mg	2 meat
Tomato, raw	4 quarters	Tomato	26	6g	2g	n/a	1g	11mg	<1g	<1g	<1mg	1/2 cup vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Corn, Potato	55	<1g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Crispy Chicken Salad	1 serving		322	27g	7g	n/a	24g	470mg	14g	5g	40mg	2.5 meat; 1 grain; 1 + 3/4 cups vegetables
Chicken Nuggets - whole grain	5 each	Soy, Onion, Garlic, Wheat, Turmeric, Rice, Carrot	200	13g	3g	0g	18g	338mg	9g	2g	25mg	2 meat; 1 grain
Garden Salad Mix	2 cups	Carrot	26	4g	2g	4g	2g	26mg	0g	0g	0mg	1 cup vegetable
Tomato, raw	4 quarters	Tomato	26	6g	1g	n/a	1g	11mg	<1g	<1g	<1mg	1/2 cup vegetable
Cucumbers, raw, sliced	1/4 cup	Cucumber	15	3g	1g	0g	1g	0mg	0g	0g	0mg	1/4 cup vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Corn, Potato	55	<1g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Italian Salad	1 serving		225	9g	3g	n/a	22g	1104mg	10g	5g	68mg	2.75 meat; 1 + 1/4 cups vegetable
Turkey Ham, diced	3oz.	Sodium Nitrite	110	1g	0g	0g	14g	480mg	5g	1.5g	55mg	2 meat
Mozzarella Cheese, shredded	0.75 oz.	Milk, Potato	79	1g	0g	1g	6g	158mg	5g	3g	13mg	0.75 meat
Tomato, diced	1 oz.	Tomato	4	1g	0g	0g	0g	0mg	0g	0g	0mg	1/8 cup vegetable
Peppers, Banana, rings	1 oz. /10 rings	Banana Pepper	6	1g	1g	1g	0g	440mg	0g	0g	0mg	1/8 cup vegetable
Tossed Salad Mix, prepared	2 cups	Carrot	26	5g	2g	4g	2g	26mg	0g	0g	0mg	1 cup vegetable
Taco Salad with Tortilla Chips	1 serving		310	29g	6g	4g	20g	470mg	15g	6g	50mg	2.5 meat; 5/8 cup vegetable; 1 grain
Beef Taco Meat	3.2 oz.	Garlic, Corn, Soy, Chili Pepper, Tomato, Caramel Color	111	5g	2g	2g	13g	292mg	5g	2g	35mg	2 meat; 1/8 cup vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Corn, Potato	55	<1g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Garden Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1/2 cup
Tortilla chips, yellow corn round	1 oz.	Corn	131	21g	3g	0g	2g	70mg	5g	1g	0mg	1 grain
Cold Combos	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Chicken Wrap	1 serving		428	44g	4g	6g	24g	878mg	18g	6g	45mg	2 meat; 1/2 cup vegetable; 3 grain

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Chicken Tenders - whole grain	2 each	Wheat, Soy, Onion, Garlic, Rice, Turmeric, Carrot, Celery	160	8g	1g	2g	13g	220mg	8g	1g	30mg	1.5 meat, 0.5 grain
Garden Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1/2 cup vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Corn, Potato	55	<1g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	2g	0mg	2.5 grain
Cheese Grab-n-Go (+ 1 fruit)	1 serving											2 meat, 1.5 grain, 1/2 cup fruit
Cheese, mozzarella string, light	2 oz.	Milk	120	2g	0g	2g	14g	400mg	6g	4g	20mg	2 meat
Tortilla chips, yellow corn round	1.5 oz.	Corn	204	32g	4g	0g	4g	109mg	7g	2g	0mg	1.5 grain
Egg Combo	1 serving		332-456	34-59g	3-8g	n/a	14-15g	391-466mg	8g	7.5g	200-215mg	1.5 - 1.75 meat; 2-2.5 grain; 1/2 cup fruit or 1/2 cup vegetable
Egg, hard boiled, peeled	1	Egg	70-80	1g	0g	1g	6g	55-60 mg	5g	1.5g	170-185mg	1.5-1.75 meat
Broccoli, florets	1/4 cup	None	6	1g	<1g	0g	<1g	6mg	0g	0g	0mg	1/4 cup vegetable
Carrot, raw	1/4 cup	Carrot	16	4g	1g	n/a	<1g	13mg	0g	0g	0mg	1/4 cup vegetable
Apple, raw , medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1/2 cup fruit
Bagel, whole grain, blueberry	2.2 oz.	Wheat, Barley, Molasses, Corn, Blue #2, Red #40, artificial flavor	140	29g	2g	5g	5g	220mg	1g	0g	0mg	2 grain
Bagel, whole grain, cinnamon raisin	2.2 oz.	Wheat, Barley, Molasses, Corn, Raisins, Cinnamon, Honey	160	35g	3g	7g	6g	260mg	0.5g	0g	0mg	2 grain
Bagel, whole grain, plain	2.2 oz.	Wheat, Barley, Molasses, Corn, Honey	160	34g	4g	4g	5g	280mg	<1g	0g	0mg	2.5 grain
Spicy Chicken Wrap	1 serving		417	42g	3g	6g	24g	908mg	18g	7g	45mg	2 meat; 3 grain; 1/2 cup vegetable
Spicy Chicken Tenders	2 each	Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot, Celery	150	6g	1g	2g	13g	250mg	8g	1.5g	30mg	1.5 meat, 0.5 grain
Garden Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1/2 cup vegetable
Cheddar cheese, shredded	1/2 oz.	Milk, Corn, Potato	55	<1g	0g	0g	4g	95mg	5g	3g	15mg	0.5 meat
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	2g	2g	6g	550mg	5g	2g	0mg	2.5 grain
Sun Butter Grab-n-Go	1 serving		650-670	70-77g	8-11g	34-37g	19-20g	540-600mg	35g	4g	0mg	2 meat; 2-2.5 grains; 1/2 cup fruit
Sun Butter	2.2 oz. cup	Sunflower	400	14g	14g	20g	14g	260mg	34g	4g	0mg	2 meat
Bagel, whole grain, blueberry	2.2 oz.	Wheat, Barley, Molasses, Corn, Blue #2, Red #40, artificial flavor	140	29g	2g	5g	5g	220mg	1g	0g	0mg	2 grain
Bagel, whole grain, cinnamon raisin	2.2 oz.	Wheat, Barley, Molasses, Corn, Raisins, Cinnamon, Honey	160	35g	3g	7g	6g	260mg	0.5g	0g	0mg	2 grain
Bagel, whole grain, plain	2.2 oz.	Wheat, Barley, Molasses, Corn, Honey	160	34g	4g	4g	5g	280mg	<1g	0g	0mg	2.5 grain
Craisins, orange or strawberry or raspberry lemonade	1.16 oz.	Cranberry, Elderberry	110	27-28g	2-3g	24g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Turkey & Cheese Wrap	1 serving		340	34g	1g	2g	27g	1220mg	12g	5g	53mg	2.5 meat, 2.5 grain
Turkey, all natural , fully cooked	3 oz.	None	90	0g	0g	0g	18g	450mg	1.5g	<1g	40mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	1g	2g	6g	550mg	5g	2g	0mg	2.5 grain
Turkey Ham & Cheese Wrap	1 serving		370	37g	1g	5g	22g	1130mg	16g	6.5g	73mg	2.5 meat, 2.5 grain
Turkey Ham, uncured, fully cooked	3 oz.	Celery	120	3g	0g	2g	13g	360mg	6g	2g	60mg	2 meat
American cheese, yellow	0.5 oz.	Milk, Soy	50	1g	0g	<1g	3g	220mg	5g	3g	13mg	0.5 meat
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	1g	2g	6g	550mg	5g	2g	0mg	2.5 grain
Veg Out Wrap	1 serving		338	44g	4g	n/a	15g	743mg	12g	6g	16mg	2 meat; 1 + 1/16 cups vegetable; 2.5 grain
Garden Salad Mix	1/2 cup	Carrot	7	1.5g	1g	2g	<1g	7mg	0g	0g	0mg	1/4 cup vegetable
Tomato, raw	4 slices	Tomato	26	6g	1g	n/a	1g	11mg	<1g	<1g	<1mg	1/2 cup vegetable
Cucumbers, raw, sliced	1/4 cup	Cucumber	15	3g	1g	n/a	1g	1.5mg	0g	0g	0mg	1/4 cup vegetable
Peppers, Jalapeno, rings	.5 oz. /6 rings	Jalapeno pepper	5	1g	<1g	1g	0g	203mg	0g	0g	0mg	1/16 cup vegetable
Mozzarella Cheese, shredded	1/4 cup	Milk, Potato	90	1g	0g	1g	7g	180mg	6g	4g	15mg	2 meat
Tortilla, wheat, 10-inch	1 each	Wheat, Barley, Legume, Corn	200	33g	1g	2g	6g	550mg	5g	2g	0mg	2.5 grain
Yogurt Grab-n-Go (with cheese stick)	1 serving		480	80-81g	4-5g	49g	13g	540mg	11g	4g	15mg	2 meat; 2 grain; 1/2 cup fruit
Yogurt, raspberry, Danimals	4 oz.	Milk, Corn, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, strawberry, Danimals	4 oz.	Milk, Corn, Strawberry, unspecified Fruit Juice and Vegetable Juice (for color), Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, strawberry banana, Danimals	4 oz.	Milk, Corn, Strawberry, Banana, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	<5mg	1 meat
Craisins, orange or strawberry or raspberry lemonade	1.16 oz.	Cranberry, Elderberry	110	27-28g	2-3g	24g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Cheese, mozzarella string, light	1 oz.	Milk	60	1g	0g	1g	7g	200mg	3g	2g	10mg	1 meat
Goldfish Giant Grahams	0.9 oz. x 2	Wheat, Cinnamon, Corn	240	38g	2g	14g	2g	280mg	8g	2g	0mg	2 grain
Yogurt Grab-n-Go (with sunflower seeds for grades K-12 only)	1 serving		570	91-92g	7-8g	53g	12g	405mg	23g	4g	10mg	2 meat; 2 grain; 1/2 cup fruit
Yogurt, raspberry, Danimals	4 oz.	Milk, Corn, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	5mg	1 meat
Yogurt, strawberry, Danimals	4 oz.	Milk, Corn, Strawberry, unspecified Fruit Juice and Vegetable Juice (for color), Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	5mg	12/20/2019 1 meat

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Yogurt, strawberry banana, Danimals	4 oz.	Milk, Corn, Strawberry, Banana, unspecified Fruit Juice and Vegetable Juice (for color), Raspberry, Lemon, Legume	70	14g	0g	10g	4g	60mg	0g	0g	<5mg	1 meat
Craisins, orange or strawberry or raspberry lemonade	1.16 oz.	Cranberry, Elderberry	110	27-28g	2-3g	24g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Sunflower Seeds, honey roasted	1.2 oz.	Sunflower, Honey	150	11g	3g	5g	6g	65mg	15g	2g	0mg	1 meat
Goldfish Giant Grahams	0.9 oz. x 2	Wheat, Cinnamon, Corn	240	38g	2g	14g	2g	280mg	8g	2g	0mg	2 grain
Other Grains	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Biscuit, whole grain	2 oz.	Wheat, Milk, Barley	200	27g	0g	2g	4g	410mg	9g	7g	0mg	2 grain
Breadstick, whole grain, large	1 breadstick	Wheat, Barley, Soy, Corn, Molasses, Honey, Garlic	90	17g	2g	3g	4g	180mg	0.5g	0g	0mg	1.25 grain
Cornbread, mini loaf	2 oz.	Egg, Milk, Soy, Wheat, Corn, Fruit Juice powder, Vegetable Fiber, Legume, Turmeric	180	29g	1g	15g	3g	90mg	5g	0.5g	15mg	1 grain
Dinner Roll, whole grain, 1.25 oz.	1 roll	Wheat, Barley, Soy, Corn, Molasses, Honey	80	15g	1g	2g	3g	135mg	1g	0g	0mg	1 grain
Muffin, Apple Cinnamon	2 oz.	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	27g	1g	13g	3g	100mg	5g	<1g	25mg	1 grain
Muffin, Banana	2 oz.	Milk, Wheat, Egg, Banana, Soy, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	28g	1g	15g	3g	100mg	4g	<1g	20mg	1 grain
Muffin, Blueberry	2 oz.	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	26g	1g	14g	3g	95mg	5g	<1g	20mg	1 grain
Muffin, Chocolate Chip	2 oz.	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	170	29g	1g	15g	3g	100mg	5g	1g	20mg	1 grain
Saltines 2 ct/pkg.	8 saltines	Wheat, Soy, Corn, Garlic, Onion, Rice, Carrot	48	10g	<1g	0g	<1g	160mg	1g	0g	0mg	1 grain
Cooked Vegetables	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Baked Beans	1/2 cup	Legume, Tomato, Onion, Corn, Garlic	145	28g	6g	3g	7g	479mg	<1g	0g	0mg	1/2 cup vegetable
Black Beans, seasoned	1/2 cup	Legume, Onion, Garlic	130	22g	11g	1g	8g	350mg	1g	<1g	0mg	1/2 cup vegetable
Broccoli, steamed	1/2 cup	Mrs. Dash - Onion, Cayenne pepper, Garlic, Carrot, Orange, Tomato, Lemon	13	2g	1g	0g	1g	10mg	0g	0g	0mg	1/2 cup vegetable
Brussels Sprouts, steamed	1/2 cup	None	39	7g	4g	n/a	4g	10mg	0g	0g	0mg	1/2 cup vegetable
Cabbage, steamed	1/2 cup	Garlic	13g	3g	2g	n/a	<1g	6mg	2g	<1g	0mg	1/2 cup vegetable
California Mixed Vegetables	1/2 cup	Carrot	17	3g	1g	2g	<1g	20mg	0g	0g	0mg	1/2 cup vegetable
Cauliflower, buffalo style	1/2 cup	Garlic, peppers	25	3g	1g	n/a	1g	95mg	0g	0g	0mg	1/2 cup vegetable
Collard Greens	1/2 cup	Onion, Banana Pepper, Mrs. Dash - Onion, Cayenne Pepper, Garlic, Onion, Carrot, Orange, Tomato	18	4g	1g	0g	1g	101mg	0g	0g	0mg	1/2 cup vegetable
Corn (canned), steamed	1/2 cup	Corn, Jalapeno or Serrano Pepper	72	17	2g	5g	2g	0mg	0g	0g	0mg	1/2 cup vegetable
Corn (frozen), steamed	1/2 cup	Corn, Jalapeno or Serrano Pepper	87	17	2g	2g	3g	0mg	<1g	0g	0mg	1/2 cup vegetable
Fries, Crinkle Cut	3 oz.		100	16g	1g	1g	1g	20mg	4g	<1g	0mg	1/2 cup vegetable
Fries, Crinkle Cut, Seasoned	3 oz.	Corn, Garlic, Onion, Rice	90	15g	2g	0g	1g	170mg	3g	0g	0mg	1/2 cup vegetable
Fries, Spiral, battered	3 oz.	Wheat, Garlic, Onion, Caramel Color	150	20g	1g	1g	2g	360mg	8g	1g	0mg	1/2 cup vegetable
Fries, Sweet potato, straight cut	3 oz.	Corn, Turmeric, Molasses, Rice, Pea	160	24g	2g	8g	1g	230mg	7g	1g	0mg	1/2 cup vegetable
Garbanzo Beans, marinated	1/2 cup	Legume, Egg, Corn, Tomato, Onion, Garlic, Lemon, Caramel Color, Bell Pepper	141	20g	4g	<1g	5g	586mg	<1g	0g	0mg	1/2 cup vegetable
Green Beans, canned	1/2 cup	Garlic	17	4g	2g	2g	1g	5mg	0g	0g	0mg	1/2 cup vegetable
Green Beans, frozen, steamed	1/2 cup	Garlic	26	5g	2g	2g	1g	0mg	0g	0g	0mg	1/2 cup vegetable
Hash Brown Patties, triangle, baked	2oz.	Potato, Onion	100	13g	1g	0g	1g	200mg	5g	<1g	0mg	1/2 cup vegetable
Italian Mixed Vegetables, steamed	1/2 cup	Lima bean, Carrot	28	5g	2g	2g	2g	38mg	0g	0g	0mg	1/2 cup vegetable
Mashed Potatoes	1/2 cup	None	110	20g	1g	2g	2g	420mg	3g	<1g	0mg	1/2 cup vegetable
Mixed Vegetables	1/2 cup	Peas, Corn, Lima Beans, Carrot	47	9g	2g	3g	2g	64mg	0g	0g	0mg	1/2 cup vegetable
Potato Wedges, skin on, seasoned	7 wedges	Onion, Garlic, Rice	140	20g	1g	1g	1g	200mg	6g	2.5g	0mg	1/2 cup vegetable
Spinach, chopped, USDA	1/2 cup	None	32	5g	4g	0g	4g	92mg	1g	0g	0mg	1/2 cup vegetable
Tomato Soup prepared with water	6 oz.	Tomato, Corn, Wheat, Celery extract, Garlic	60	12g	<1g	8g	<1g	308mg	<1g	0g	0mg	1/3 cup vegetable
Gravies	Portion Size	Food Allergies and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Brown Gravy, low sodium	1 oz.	Milk, Corn, Caramel color, Garlic, Wheat, Onion, Red #40, Sunflower	13	3g	0g	0g	0g	70mg	0g	0g	0mg	None
Chicken Gravy, low sodium	1 oz.	Chicken, Corn, Coconut Oil, Soy, Milk, Caramel Color, Wheat, Turmeric	18	3g	0g	0g	0g	60mg	0g	0g	0mg	None
Fresh Vegetables	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Broccoli, florets	1/4 cup	None	6	1g	<1g	0g	<1g	6mg	0g	0g	0mg	1/4 cup vegetable
Carrot, baby	1/4 cup	Carrot	16	4g	1g	n/a	<1g	13mg	0g	0g	0mg	1/4 cup vegetable

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Celery Sticks	1/4 cup	Celery	3	<1g	<1g	0g	<1g	18mg	0g	0g	0mg	1/4 cup vegetable
Cucumbers, sliced	1/4 cup	Cucumber	15	3g	1g	0g	1g	0mg	0g	0g	0mg	1/4 cup vegetable
Green Pepper, sliced	1/4 cup	Green pepper	7	2g	<1g	<1g	<1g	<1mg	0g	0g	0mg	1/4 cup vegetable
Garden Salad Mix	1 cup	Carrot	13	3g	1g	2g	1g	13mg	0g	0g	0mg	1/2 cup vegetable
Onion, sliced	1/4 cup	Onion	15	3.5g	<1g	n/a	<1g	1mg	0g	0g	0mg	1/4 cup vegetable
Tomato, quartered	1/4 cup	Tomato	13	3g	<1g	n/a	<1g	6mg	<1g	<1g	<1mg	1/4 cup vegetable
Tomato, Onion, & Cucumber Salad	1/2 cup	Tomato, Onion, Cucumber, Caramel Color, Turmeric, Legume	11	2g	<1g	n/a	0g	63mg	0g	0g	0mg	1/2 cup vegetable
Fruit	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Apple, raw , medium	1 apple	Apple	116	21g	4g	n/a	<1g	1mg	0g	0g	0mg	1 cup fruit
Hot Apple Slices	1/2 cup	Apple, Cinnamon	89	22g	2g	20g	0g	15mg	0g	0g	0mg	1/2 cup fruit
Applesauce, sweetened	1/2 cup	Apple, Corn Syrup	90	22g	2g	18g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Banana, raw	1 med	Banana	109	28g	3g	n/a	1g	1mg	0g	0g	0mg	1/2 cup fruit
Blueberries, unsweetened, USDA	1/2 cup	Blueberry	40	10g	2g	7g	0g	1mg	1g	0g	0mg	1/2 cup fruit
Cherries, no sugar added, USDA	1/2 cup	Cherry	36	8.6g	1.2g	7g	<1g	1mg	<1g	<1g	0g	1/2 cup fruit
Clementine, whole	1 clementine	Citrus	35	9g	1g	7g	<1g	1 mg	0g	0g	0mg	1/2 cup fruit
Mixed berry (blueberry & strawberry), light syrup, USDA	1/2 cup	Blueberry, Strawberry	90	20g	2g	16g	0g	0mg	0g	0g	0mg	1/2 cup fruit
Oranges, mandarin, canned	1/2 cup	Citrus	64	15	<1	12	0	8	0	0	0mg	1/2 cup fruit
Oranges, raw, medium	1 orange	Citrus	62	15g	3g	n/a	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, sliced , light syrup	1/2 cup	Peach, Corn Syrup	70	17g	0g	13g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Peaches, sliced, light syrup, USDA	1/2 cup	Peach, Corn Syrup	60	16g	2g	14g	1g	0mg	0g	0g	0mg	1/2 cup fruit
Peaches, Hot Cinnamon	1/2 cup	Peach, Corn Syrup, Cinnamon	99-119	27-28	0g	16-18g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pears, diced, light syrup	1/2 cup	Pear	62	16g	2g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Pear, raw, medium	1 pear	Pear	98	25g	4g	n/a	<1g	0mg	<1g	0g	0mg	1/2 cup fruit
Pineapple Tidbits in juice	1/2 cup	Pineapple	40	10g	1g	9g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Plum	1 medium	Plum	36	9g	1g	0g	<1g	114mg	0g	0g	0mg	1/2 cup fruit
Raisins, USDA	1 box	Grape	114	30g	1g	23g	1g	4mg	0g	0g	0mg	1/2 cup fruit
Strawberries, whole, USDA	1/2 cup	Strawberry	39	10g	2g	5g	0g	2mg	0g	0g	0mg	1/2 cup fruit
PICNIC LUNCH : Sandwich, Carrot, Apple, Juice, and Milk	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Soy Butter/Grape Jelly Sandwich	4.6 oz.	Wheat, Barley, Soy, Milk, Corn, Grape	570	55g	8g	21g	19g	440mg	32g	6g	0mg	2 meat; 2 grain
Cherry Star Juice Blend (picnic)	4.23 oz.	Apple, Pear, Carrot, Celery, Spinach, Cherry, Starfruit, Sweet Potato, Aronia, Kale, Broccoli	55	14g	0g	13g	0g	35mg	0g	0g	0mg	1/2 cup vegetable
MISC SPECIAL DIET (by diet order only)	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Applesauce, strained/2nd foods	4 oz.	Apple	60	14g	1g	12g	0g	5mg	0g	0g	0mg	1/2 cup fruit
Banana, strained/ 2nd foods	4 oz.	Banana	100	24g	1g	20g	1g	5mg	0g	0g	0mg	1/2 cup fruit
Carrots, strained/2nd foods	4 oz.	Carrot	40	9g	1g	6g	<1g	40mg	0g	n/a	n/a	1/2 cup vegetable
Bread, gluten-free, sliced	2 oz.	Egg, Rice, Oat, Flaxseed, Chia Seed, Yeast, Molasses	130	24g	3g	3g	4g	315mg	2g	<1g	28mg	2 grain
Green Beans, strained/2nd foods	4 oz.	None	40	6g	2g	3g	1g	5mg	0g	n/a	n/a	1/2 cup vegetable
Milk Non-fat Lactose Free, white	8 fl oz.	Milk	NA	NA	NA	NA	NA	NA	NA	NA	NA	1 Milk
Milk, Soy, Silk, vanilla	8 fl oz.	Soy	150	18g	2g	15g	8g	80mg	4.5g	0.5g	0mg	1 Milk
Peaches, strained/2nd foods	4 oz.	Peach	70	14g	1g	13g	1g	0mg	0g	n/a	n/a	1/2 cup fruit
Pears, strained/2nd foods	4 oz.	Pear	70	17g	3g	12g	0g	5mg	0g	n/a	n/a	1/2 cup fruit
Peas, strained/2nd foods	4 oz.	Peas	50	7mg	2g	2g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Squash, strained/2nd foods	4 oz.	Squash	40	8g	1g	4g	0g	5mg	0g	n/a	n/a	1/2 cup vegetable
Sweet Potatoes, strained/1st foods	2.5 oz.	None	50	10g	<1g	6g	<1g	15mg	0g	n/a	n/a	1/2 cup vegetable
Dairy: Milk	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
White Milk, 1%	8 oz.	Milk	110	13g	0g	12g	9g	125mg	2.5g	1.5g	15mg	1 milk
Chocolate Milk, Skim	8 oz.	Milk, Corn Syrup, Cocoa	130	24g	0g	21g	8g	210mg	0g	0g	0mg	1 milk
Condiments/Seasoning	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
BBQ sauce Heinz, dispenser	1 Pump (2 T)	Tomato, Corn, Garlic, Soy, Wheat, Turmeric, Onion	35	9g	1g	1g	0g	390mg	0g	0g	0mg	None
Chipotle Ranch Dressing	2 T	Soy, Milk, Garlic, Lemon, Onion	50	8g	1g	5g	0g	320mg	2.5g	<1g	0mg	None
Cream Cheese	1 oz.	Milk	100	2g	0g	1g	2g	100mg	9g	6g	30mg	None
Duck Sauce, prepared	1 ea. (8 gm)	Corn, Caramel Color, Apricot	5	2g	0g	1g	0g	45mg	0g	0g	0mg	None
French Dressing, PC	1 ea. (12 gm)	Garlic, Corn, Onion, Lemon, Egg, Tomato	50	3g	0g	0g	0g	130mg	0g	0g	0mg	None
Hot Sauce, dispenser	1 teaspoon	Chili pepper	0	0g	0g	0g	0g	70mg	0g	0g	0mg	None
Hot Sauce, PC	1 ea. (7gm)	Chili pepper	2	0g	0g	0g	0g	120mg	0g	0g	0mg	None
Italian Dressing	2 T	Garlic, Caramel Color, Turmeric, Legume	10	2g	0g	0g	0g	360mg	0g	0g	0mg	None
Italian Dressing, PC	1 ea. (12 gm)	Garlic, Corn, Onion, Lemon	10	1g	0g	0g	0g	110 mg	0g	0g	0mg	None
Ketchup Heinz, dispenser	1 Pump (2 T)	Tomato, Corn, Onion	40	10g	0g	8g	0g	320mg	0g	0g	0mg	None
Mayonnaise, lite, dispenser	1 Pump (2 T)	Egg, Mustard flour, Corn	70	1g	0g	0g	0g	200mg	7g	1g	<10mg	None
Soup Base, vegetable (to season)	1 T	Carrot, Onion, Celery, Corn, Tomato, Garlic	55	6g	0g	1g	1g	471mg	2g	<1g	0mg	None
Mustard Heinz, dispenser	1 Pump (2 T)	None	0	0g	0g	0g	0g	195mg	0g	0g	0mg	None
Pan Spray, Buttermist	1 spray	Sunflower Lecithin, Milk, Soy	0	0g	0g	0g	0g	0mg	0g	0g	0mg	None
Ranch Heinz, dispenser	1 Pump (2 T)	Soy, Milk, Garlic, Corn, Onion, Lemon	50	8g	1g	5g	0g	320mg	2.5g	<1g	0mg	None
Sour Cream, cultured	1 oz.	Milk, Corn, Legume	60	2g	0g	1g	1g	50mg	5g	3.5g	20mg	None

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Spices (insignificant nutritional value)	N/A	Garlic powder, Mrs. Dash Original, Onion Powder, Ground Chili Powder, Cinnamon										None
Syrup, Pancake, PC	1.4 oz.	Corn, Caramel Color	110	29g	0g	22g	0g	0mg	0g	0g	0mg	None
Wild Wild West Seasoning Blend	1/4 tsp.	Garlic, Tomato, Lemon, Onion, Cayenne pepper, Carrot	1	0g	0g	0g	0g	0mg	0g	0g	0mg	None
Snacks, After School (MS/HS)	Portion Size	Food Allergens and Intolerances	Calorie	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	Components
Capri Sun Berry Breeze	6 oz.	Grape, strawberry, pear	90	24g	0g	20g	0g	20mg	0g	0g	0mg	1/2 cup fruit
Capri Sun Fruit Dive	6 oz.	Apple, Cherry, Grape	80	21g	0g	20g	0g	25mg	0g	0g	0mg	1/2 cup fruit
Capri Sun Fruit Punch	6 oz.	Grape, Pear, Orange, Pineapple	80	21g	0g	20g	0g	25mg	0g	0g	0mg	1/2 cup fruit
Cereal, Cheerios, gluten-free	1 bowl	Oats, Corn starch	100	20g	3g	1g	3g	140mg	2g	0g	0mg	1 grain
Cereal, Cinnamon Toast Crunch	1 bowl	Wheat, Soy, Cinnamon, Rice	110	22g	3g	6g	1g	160mg	3g	0.5g	0mg	1 grain
Cereal, Cocoa Puffs	1 bowl	Corn, Cocoa	110	25g	2g	8g	2g	120mg	1.5g	0g	0mg	1 grain
Cereal, Golden Grahams	1 bowl	Wheat, Corn	100	24g	1g	8g	1g	220mg	1g	0g	0mg	1 grain
Cereal, Honey Nut Cheerios, gluten-free (HS/Grades 6-8 only)	1 bowl	Wheat, Oat, Corn, Almond, Honey	110	22g	2g	9g	2g	160mg	1.5g	0g	0mg	1 grain
Cereal, Rice Chex, gluten-free	1 bowl	Molasses	100	24g	1g	2g	2g	250mg	0g	0g	0mg	1 grain
Cereal, Trix, reduced sugar	1 bowl	Corn, Rice, Turmeric, Fruit/Vegetable Juice	110	24g	1g	7g	1g	140mg	1.5g	0g	0mg	1 grain
Cheez-its, whole grain	0.75 oz.	Wheat, Milk, Soy	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Chips, Tortilla Nacho Cheese	1 oz. pkg	Corn, Milk, Soy, MSG, Tomato, FD&C Red #40, FD&C Yellow #6, FD&C Yellow #5, Garlic	130	20g	2g	0g	2g	200mg	5g	0.5g	0mg	1.5 grain
Chips, Tortilla Cool Ranch	1 oz. pkg	Milk, Corn, Soy, Tomato, Garlic, MSG, FD&C Red #40, FD&C Blue #1, FD&C Yellow #5	130	20g	2g	0g	2g	150mg	5g	0.5g	0mg	1.5 grain
Chips, Tortilla Spicy Sweet Chili	1 oz. pkg	Corn, Soy, MSG, Garlic, Caramel color	130	20g	2g	<1g	2g	200mg	5g	0.5g	0mg	1.5 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Soy, Cinnamon	120	19g	1g	6g	1g	110mg	4g	1.5g	0mg	1 grain
Muffin, Apple Cinnamon	2 oz.	Milk, Wheat, Egg, Oats, Soy, Corn, Apple, Cinnamon, Turmeric, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	27g	1g	13g	3g	100mg	5g	<1g	25mg	1 grain
Muffin, Banana	2 oz.	Milk, Wheat, Egg, Banana, Soy, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	28g	1g	15g	3g	100mg	4g	<1g	20mg	1 grain
Muffin, Blueberry	2 oz.	Milk, Wheat, Egg, Blueberry, Soy, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	160	26g	1g	14g	3g	95mg	5g	<1g	20mg	1 grain
Muffin, Chocolate Chip	2 oz.	Wheat, Soy, Milk, Egg, Chocolate, Turmeric, Corn, Fruit Juice (unspecified), Vegetable Fiber (unspecified), Legume	170	29g	1g	15g	3g	100mg	5g	1g	20mg	1 grain
PB & J Graham (HS/ Grades 6-8 only)		Peanut, Wheat, Soy, Corn	290	30g	3g	11g	8g	260mg	17g	3g	0mg	1 meat; 0.75 grain
Snacks, After School/Preschool & Buildings grades K-8/Colerain	Portion Size	Food Allergens and Intolerances	Calorie	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	Components
Cheez-it, whole grain	0.75 oz.	Wheat, Milk, Soy	100	14g	1g	0g	2g	150mg	3.5g	1g	<5mg	1 grain
Goldfish Giant Grahams	0.9 oz.	Wheat, Cinnamon, Corn	120	19g	1g	7g	1g	140mg	4g	1g	0mg	1 grain

Menu Items	Portion Size	Food Allergens and Intolerances	Calories	CHO	Fiber	Sugar	Protein	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Nutrition Crackers	1 oz.	Wheat, Milk, Sunflower, Egg, Honey	120	22g	2g	6g	2g	65mg	4g	0g	0mg	1 grain
Pretzels, Goldfish, whole grain	0.75 oz.	Wheat, Barley, Milk	100	20g	2g	<1g	3g	200mg	<1g	0g	0mg	1 grain
Strawberry Waffle Grahams	1 oz.	Wheat, Strawberry, Elderberry, Sweet Potato, Corn	110	21g	1g	7g	2g	95mg	3g	0g	0mg	1 grain
Smart Snacks, a la Carte	Portion Size	Food Allergens and Intolerances	Calorie	CHO	Fiber	Sugar	Pro	Sodium	Total Fat	Sat-Fat	Cholesterol	USDA Components
Capri Sun Berry Breeze	6 oz.	Grape, strawberry, pear	90	24g	0g	20g	0g	20mg	0g	0g	0mg	1/2 cup fruit
Capri Sun Fruit Dive	6 oz.	Grape, apple, cherry	80	21g	0g	20g	0g	25mg	0g	0g	0mg	1/2 cup fruit
Capri Sun Fruit Punch	6 oz.	Grape, pear, orange, pineapple	80	21g	0g	20g	0g	25mg	0g	0g	0mg	1/2 cup fruit
Cheetos, Crunchy, Flamin' Hot	.875 oz. pkg	Milk, Corn, Yellow #6, Yellow #5, Yellow #6 Lake, Red #40, Garlic, Onion, MSG	120	18g	<1g	0g	2g	190mg	4.5g	0.5g	0mg	1.25 grain
Chips, Applewood Smoked BBQ	1.375 oz.	Milk, Potato, Corn	180	27g	2g	3g	3g	190mg	7g	1g	0mg	None
Chips, Jalapeno Cheddar	1.375 oz.	Milk, Potato, Barley, Molasses, Corn, Tomato, Garlic, Onion	180	27g	2g	2g	3g	160mg	7g	1g	0mg	None
Chips, Salt & Vinegar	1.375 oz.	Potato, Corn	180	28g	2g	2g	3g	180mg	7g	1g	0mg	None
Chips, Tortilla Nacho Cheese	1 oz. pkg	Corn, Milk, Soy, MSG, Tomato, FD&C Red #40, FD&C Yellow #6, FD&C Yellow #5, Garlic	130	20g	2g	0g	2g	200mg	5g	0.5g	0mg	1.5 grain
Chips, Tortilla Cool Ranch	1 oz. pkg	Milk, Corn, Soy, Tomato, Garlic, MSG, FD&C Red #40, FD&C Blue #1, FD&C Yellow #5	130	20g	2g	0g	2g	150mg	5g	0.5g	0mg	1.5 grain
Chips, Tortilla Spicy Sweet Chili	1 oz. pkg	Corn, Soy, MSG, Garlic, Caramel color	130	20g	2g	<1g	2g	200mg	5g	0.5g	0mg	1.5 grain
Cookie, Carnival (HS/Grades 6-8 only)	1.5 oz.	Egg, Milk, Soy, Wheat, Chocolate, Blue#2, Yellow#6 Lake, Yellow#5, Red#40, Blue#1, Yellow#6, Corn, Molasses, Artificial Flavor (unspecified), may contain Peanuts, Tree Nuts, Coconut	170	27g	2g	13g	2g	130mg	6g	1.5g	10mg	1 grain
Cookie, Choc Chip (HS/Grades 6-8 only)	1.5 oz.	Egg, Milk, Soy, Wheat, Molasses, Corn, Chocolate, Artificial Flavor (unspecified), may contain Peanuts, Tree Nuts, Coconut	160	28g	2g	13g	2g	105mg	5g	1.5g	10mg	1 grain
Cookie, Sugar (HS/Grades 6-8 only)	1.5 oz.	Egg, Milk, Soy, Wheat, Molasses, Corn, Oat, Turmeric, Artificial Flavor (unspecified), may contain Peanuts, Tree Nuts, Coconut	160	27g	2g	13g	2g	115mg	5g	1.5g	15mg	1 grain
Envy Juice, Cherry Apple	8 oz.	Apple, Fruit/Vegetable Juice	110	29g	0g	28g	0g	5mg	0g	0g	0mg	1 cup fruit
Envy Juice, Fruit Punch	8 oz.	Apple, Pear, Fruit/Vegetable Juice	110	29g	0g	28g	0g	5mg	0g	0g	0mg	1 cup fruit
Fruit Roll-Up, Crazy Colors	0.5 oz.	Apple, Corn, Fruit/Vegetable Juice	50	11g	2g	4g	0g	55mg	0g	<1g	0mg	None
Luigi's Sours Sorbet, Lemon	4.4 oz.	Apple, Natural Flavor, Turmeric, Legume	70	20g	3g	15g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Luigi's Sours Sorbet, Orange	4.4 oz.	Apple, Natural Flavor, Legume, Vegetable Fiber (Inulin)	70	20g	3g	15g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Luigi's Sours Sorbet, Raspberry	4.4 oz.	Apple, Natural Flavor, Fruit/Vegetable Juice, Vegetable Fiber (Inulin), Legume	70	20g	3g	15g	0g	10mg	0g	0g	0mg	1/2 cup fruit
Munchies Flamin' Hot & Sweet	0.8 oz.	Milk, Wheat, Blue #1, Red#40, Yellow# 5&6, Corn, Barley, Molasses, Rice, Tomato, Onion, Garlic, Lime	110	17g	2g	2g	2g	90mg	4g	<1g	0mg	0.75 grain
Popcorn, light kettle corn	0.6 oz.	Milk, Corn, Sunflower Oil	70	13g	2g	0g	1g	65mg	2.5g	0g	0mg	None
Sidekicks Juice Cup, Blue Raspberry-Lemon	4.4 oz.	Grape, Pear, Turmeric, Legume, Blue #1	90	22g	0g	19g	0g	30mg	0g	0g	0mg	1/2 cup fruit
Sidekicks Juice Cup, Kiwi-Strawberry	4.4 oz.	Grape, Pear, Turmeric, Legume, Artificial Flavors, Unspecified Vegetable Juice (for color), Yellow #5, Blue #1	90	22g	0g	19g	0g	30mg	0g	0g	0mg	1/2 cup fruit
Sidekicks Juice Cup, Strawberry-Mango	4.4 oz.	Grape, Pear, Turmeric, Legume, Unspecified Vegetable Juice (for color)	90	22g	0g	21g	0g	50mg	0g	0g	0mg	1/2 cup fruit

GLOSSARY

Calorie - The energy value of food. Calories come mainly from carbohydrate, protein and fat.

Carbohydrate (CHO) - One of the three major energy sources in food.

Cholesterol - A fat-like substance found in foods made with milk, meat, and animal fat.

Fat - One of the three major energy sources in food.

Saturated Fat - A kind of fat that tends to raise blood-cholesterol levels when eaten.

Fiber - A fragment found in plant foods.

Gram (g) - A numerical unit of mass and weight in the metric system

Milligram (mg) - A numerical unit of mass and weight in the metric system.

Ounce (oz.) - A unit of weight of one sixteenth of a pound.

Protein - One of the three major energy sources in food. Can be from animal or plant sources.

Sodium - A mineral found mainly in salt.

Starch - One of the two major types of carbohydrate.

Sugar - One of the two major types of carbohydrate.

USDA Component - United States Department of Agriculture school food group measured by amount and kind of food.